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I'M IN A RACE, YOU LITTLE SQUIRT

Josh Ryder, 7, sprays down Manitoba Marathon runner Kyle Halischuck of Clandeboye just past the 22-mile mark of the race. Evans Maiko took first place with a time of 2:28:17, and Gina Tranquada took the women's title with a time of 3:02:03. SHANE GIBSON/METRO

Pair of bomb scares keep police busy

Evacuation. Incidents come after bomb unit responded to three calls just last month



SHANE GIBSON

Members of the Winnipeg Police Service's bomb unit probably didn't have time to head out to the lake this past weekend.

The unit responded to two incidents, starting on Friday night when a suspicious package was found near the A&W restaurant at the corner of Portage Avenue and Tylehurst Street around 10 p.m.

Traffic on the busy throughway had to be diverted, and a business was evacuated before police were able to deem the package safe with the help of a robot around 1:40 a.m.

Then on Saturday, shortly

before 1 p.m., another suspicious item was found outside a residence in the 100 block of Morley Avenue.

Residents in the area had to be evacuated, and the bomb unit was once again deployed.

Reports from the scene said what looked like a mortar was removed by officers, but police did not say what the item was on Sunday.

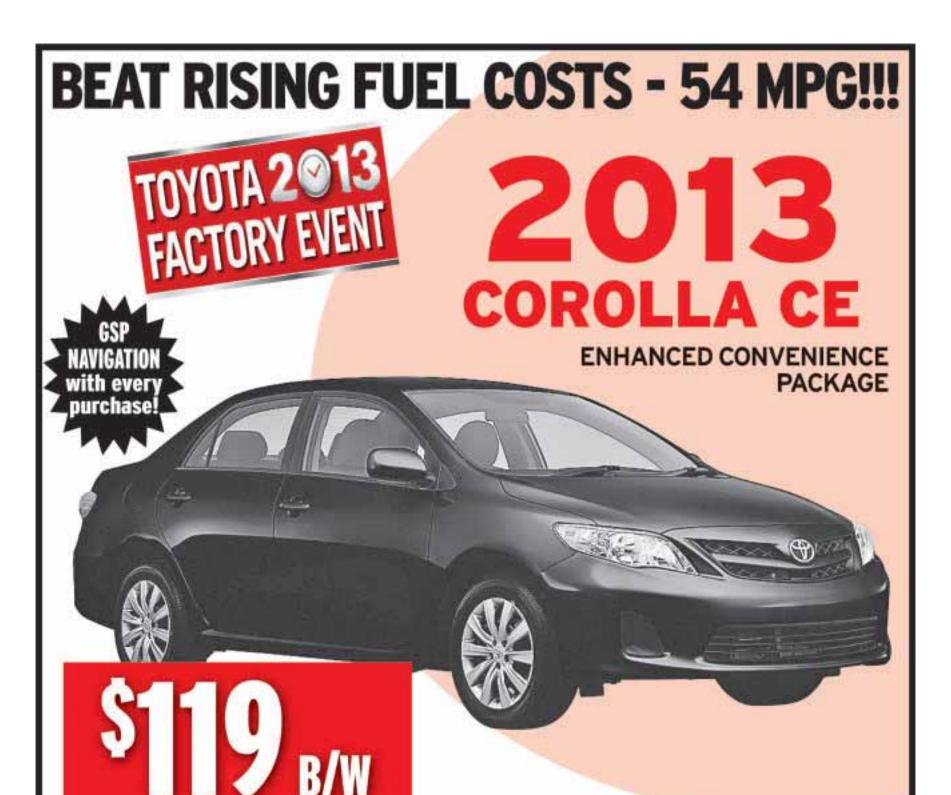
The bomb unit has been busy this spring, responding to reports of two suspicious items that both turned out to be false alarms in the downtown area in early May, and to a home in Fort Rouge on May 23 when a landscaper dug up a smoke mortar buried in the backyard.

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Deadly collision

Off-road vehicle crash kills Toronto woman in RM of Argyle

Crystal City RCMP are investigating an off-road vehicle crash that killed a Toronto woman in the RM of Argyle Saturday.

Police and emergency services were called to the scene where the woman and a 23-year-old man from the RM of Lorne had been ejected from the Honda four-wheel off-road vehicle they were riding around 6 p.m.

The man was taken to hospital with undetermined injuries, while the 21-year-old woman was pronounced dead at hospital.

Her name will not be released.

Police said both were not wearing helmets at the time, and the investigation continues. METRO

Tragedy

Girl drowns on Cross Lake First Nation

A three-year-old girl from Cross Lake First Nation has drowned.

Cross Lake RCMP were called to the community around 6:30 p.m. after two girls, both 3, were found unresponsive in the water.

One girl was resuscitated and taken to hospital for treatment, while the other girl was pronounced dead.

Her name will not be released. Police continue to investigate.

Cross Lake First Nation is 770 kilometres north of Winnipeg. METRO



Running with the chiefs

Participants in the inaugural Run with the Chiefs — with police Chief Devon Clunis, seventh from left, and Children and Youth Opportunities Minister Kevin Chief, fifth from left — set off from Norquay School on Friday. The event was about inspiring kids to get involved with healthy, positive activities. Bernice Pontanilla/Metro

Garden Day. Zoo's butterfly garden opens with help from students

A group of students from a rural Manitoba school marked Garden Day in Canada by releasing butterflies at Assiniboine Park Zoo.

The Grades 1 and 2 students from Arborg School set loose about 250 monarch and painted lady butterflies, as well as several tropical species, in the zoo's Shirley Richardson Butterfly Garden on Friday.

"(The Garden) is now open

for the season and we have even more species of butterflies in the garden this year," said zoo curator Janice Martin in a press release.

Friday was also the launch of Canada's Garden Route Tour Contest, where visitors to the garden can enter for the chance to win a round-trip for two people in VIA first class to Toronto for the Canada Blooms festival in 2014. METRO

Facility opens to help women facing addictions

'Safe haven.' Chriss Tetlock Place named after founding member of North End Women's Centre



BERNICE PONTANILLA bernice.pontanilla@metronews

An organization that helps women dealing with homelessness and addictions celebrated the grand opening of a new centre on Selkirk Avenue that will deliver critical programming.

Chriss Tetlock Place, named after a founding member of the North End Women's Centre, consists of a building with six transitional housing units, kitchen, laundry facilities, a children's play area and office space.

Mayor Sam Katz said Chriss Tetlock Place will serve as "a safe haven for women who are trying to get back on their feet."

"(They'll) receive the treatment they need and develop the skills they require to integrate back into the community healthy and with confidence."

The city contributed \$477,150 in funding from the Homelessness Partnering Strategy, which the city administers on behalf of the federal government.

The city donated a further \$16,000 in 2010 from its Neighbourhood Multiple Family/Mixed Use Building Program.

Heather Leeman, executive director of the North End Women's Centre, said Chriss Tetlock Place will "fill a gap" when it comes to addiction recovery programs for women in the in-



ner city.

"Women who return to their community after receiving treatment need support and housing as they face multiple barriers in maintaining their recovery."



Asia

After months of threats, N. Korea wants to talk

After months of threatening to wage a nuclear war, North Korea issued a surprise proposal Sunday to the United States: Let's talk.

But the invitation comes with caveats: No precon-

ditions and no demands that Pyongyang give up its nuclear assets unless Washington is willing to do the same — ground rules that make it hard for the Americans to accept.

Washington responded by saying that it is open to talks — but only if North Korea shows it will comply with the UN and live up to its international obligations.

THE ASSOCIATED PRESS

U.S. surveillance

Top names defend government's data-collection program

Current and former top U.S. officials on Sunday defended the government's collection of phone and Internet data following new revelations about the secret surveillance programs, saying the operations were essential in disrupting terrorist plots and did not infringe on civil liberties.

In interviews on Sunday talk shows, Barack Obama's chief of staff Denis Mc-Donough and Dick Cheney said the government's reliance on data collection was constitutional and carefully overseen by authorities.

THE ASSOCIATED PRESS

Information security

Ottawa wants 11 more agencies to stay quiet forever

The prime minister's national-security adviser, lawyers who work on terrorism cases and analysts in the Privy Council Office would be forever forbidden from discussing sensi-

tive aspects of their work under proposed new rules.

The Harper government wants to pull the cloak of eternal secrecy over past and present employees of nine federal agencies and two now-defunct branches.

They would join more than 12,000 already covered by provisions forcing them to take the secrets of their work to the grave.

THE CANADIAN PRESS

Trudeau: I'd 'pay all the money back'

'I am going to fix this.'

Liberal leader, despite insisting he's done nothing wrong, says he's willing to compensate charities who paid him

Justin Trudeau is promising to compensate all groups that paid him hefty speaking fees to participate in fundraising events since he became an MP.

The Liberal leader said Sunday he'll either give back the fees or find some other way to "make it right."

He could, for instance, give charitable groups donations equivalent to the fees charged or agree to appear at future fundraisers for free.

"I'm willing to pay all of the money back, if that's what it comes to," Trudeau told CTV. "But I am going to fix this."

Trudeau has been under fire since Friday, when it

Quoted

"I trust Canadians. I value their opinions. And now that I've heard them, I'm going to act."

Liberal Leader Justin Trudeau, acknowledging the public backlash to the disclosure of his personal finances.

emerged that he'd refused to reimburse the Grace Foundation, a New Brunswick charity that lost money after paying him \$20,000 to speak in June 2012

Trudeau stressed Sunday that all his speaking engagements were cleared by the federal ethics commissioner, that he never used any parliamentary resources and that none of the money he earned went to finance his leadership bid.

"I'm doing this not because I'm worried that I did something wrong, because I didn't. Everything was done exactly according to the rules."

THE CANADIAN PRESS





Assange slams U.K. for Snowden exclusion

Julian Assange, left, appears with Ecuador Foreign Minister Ricardo Patino at the Ecuadorian Embassy in London on Sunday. After it was revealed Britain warned airlines not to allow Edward Snowden, who leaked info on secret U.S. surveillance programs, to fly to the U.K., Assange said on Friday, "The United Kingdom doesn't want to say no to the United States under any circumstances."

FRANK AUGSTEIN/THE ASSOCIATED PRESS

Twics. Group uses Twitter bot to mimic Tourette's



SEAN MCKIBBON Metro in Ottawa

An advocacy group for people with Tourette's syndrome is asking Twitter users to let a bot take over their accounts so it can blast out random stuff as a means of raising awareness.

"Wednesday from 9 o' clock on, tweets will come out from your Twitter handle with the equivalent of verbal tics. You won't know when they're coming and you won't know what they are saying, and that's to mimic the way that real verbal tics happen," said Cathy Wylie, president of the Tourette Syndrome Foundation of Canada.

Tourette's is a neurological disorder characterized by involuntary vocal and physical outbursts. The stereotype of the syndrome is sudden, involuntary swearing, but fewer than 10 per cent suffer such outbursts, said Wylie.

Military. Army worried about anniversary booze

The Canadian Army is all for its soldiers raising a glass to toast upcoming milestones, as long as nobody thinks there's product endorsement going on.

And anyone in the general public who would like a sip will remain thirsty unless someone in uniform is willing to share.

National Defence recently issued guidelines to govern the production and sale of commemorative beer, wine and spirits for the splash of celebrations expected next year.

In 2014, the Princess Patri-

cia's Canadian Light Infantry, the Royal 22e Regiment, Royal Montreal Regiment and Regiment du Hull will all mark the 100 years since their formation. Older units are in the midst of their 150th anniversary.

A spokeswoman for the army, Colleen McGrann, said on Friday the department issued guidelines, including limiting the sale to within the military and requiring associations to ask for permission to use regimental logos.

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Pakistan. Two anti-polio health workers shot dead on vaccination drive

Gunmen killed two antipolio workers on Sunday in northwest Pakistan, police said, the latest violence directed at efforts to eradicate the disease from the country.

The two attackers shot the two Pakistani health workers while they were on a vaccination drive in rural Kandar village, said Swabi district police Chief Mohammad Saeed. The gunmen arrived on foot and then disappeared, he said.

No one claimed responsibility for the attack. Some Pakistani militant groups oppose the vaccinations and accuse the workers of spying for the U.S. They point out the case of a Pakistani doctor used by the CIA to collect blood samples of the family of Osama bin Laden to track him down and kill him in Pakistan in 2011.

Islamic militants also try to block inoculation campaigns by portraying them as a conspiracy to steril-

Security concerns

The World Health Organization said in late March that some 240,000 children have missed UN-backed vaccinations against polio because of security concerns in Pakistan's tribal regions bordering Afghanistan.

The WHO said health workers have not been able to immunize children in the North and South Waziristan regions, Taliban strongholds, since 2012.

ize people and reduce the world's Muslim population. Over the past year, nearly 20 health workers from the anti-polio campaign have been killed.

Pakistan is one of only three countries, along with Afghanistan and Nigeria, still affected by the polio virus. THE ASSOCIATED PRESS

Turkey. Handling of protests to test Obama's relationship with PM

Government crackdowns against protesters in Turkey could test the close ties between U.S. President Barack Obama and Turkish Prime Minister Recep Tayyip Erdogan, a strategically important U.S. ally in a tumultuous region.

Erdogan said Sunday it was his "duty" to order riot police to evict activists occupying an Istanbul park that became a centre of defiance against his rule.

The demonstrations in Turkey, now in their second week, cropped up after Erdogan's visit to the White House last month, which highlighted a variety of issues on which the U.S. needs Turkey's help.

They include quelling the violence in Syria, stabilizing Iraq and stemming Iran's nuclear ambitions.

THE ASSOCIATED PRESS



Sarajevo

One child killed, four injured by landmine

Police say five children accidentally set off a landmine while playing in Bosnia, and that one was killed and the others were injured.

The explosion happened on Sunday in Hadzici, a suburb of Sarajevo. A spokesman for the Sarajevo Kosevo hospital said the boys were injured in their abdomens, eyes and arms. Bosnia's 1992-95 war left the country filled with buried landmines.

Cairo

Cleric sentenced over Bible burning

A Muslim cleric received an 11-year suspended sentence Sunday for tearing up and burning a Bible. It was a rare prosecution over attacks on faiths other than Islam.

THE ASSOCIATED PRESS

South Africa

Mandela's health improving

Former South African president Nelson Mandela is engaging with his family and seeing improvement from the recurring lung infection that forced him to spend a ninth day in the hospital on Sunday.

President Jacob Zuma said Mandela remains in serious condition but over the last two days his doctors have said improvements in his health have been sustained.

THE ASSOCIATED PRESS

EgyptAir

Passengers seek asylum in U.K.

Five passengers from an EgyptAir flight diverted to a Scottish airport over an apparent threat to destroy the plane are now seeking asylum in Britain. The New York-bound flight made an emergency landing on Saturday.

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metr⊕ **BUSINESS**

Russian tycoon aims to meld minds and machines

Can the City That Never Sleeps become the City That Never Dies? A Russian multimillionaire thinks so.

Dmitry Itskov gathered some of humanity's best brains — and a few robots — at his Global Future 2045 conference in New York City on Saturday to discuss how humans can get their minds to outlive their bodies. Itskov, who looks younger than his 32 years, has an aggressive timetable in which he'd like to see milestones toward that goal met:

- By 2020, robots we can control remotely with our
- By 2025, a scenario familiar to watchers of sci-fi cartoon show Futurama: the capability to transplant the brain into a life-support system, which could be a robot body. Essentially, a robot prosthesis that can replace an ailing, perhaps dying body.
- By 2035, the ability to move the mind into a computer, eliminating the need for the robot bodies to carry around





News worth sharing



Members of Oxfam wear masks depicting G8 leaders in Belfast, Northern Ireland, on Sunday, a day ahead of the start of the G8 summit. Oxfam said that G8 leaders must cook up the right deal to fight hunger and poverty by tackling tax dodging The masks depict, from left, U.S. President Barack Obama, German Chancellor Angela Merkel, Italian Prime Minister Enr Letta, Japanese Prime Minister Shinzo Abe, British Prime Minister David Cameron, French President Francois Hollande, Russian President Vladimir Putin and Prime Minister Stephen Harper. Peter Morrison/The Associated Press

At G8, underlying worry is whether recovery will last

Northern Ireland.

Summit's agenda focuses on tax evasion and trade, but backdrop to talks is fraught global outlook

Europe is mired in debt and recession. Financial markets have hit violent ups and downs on fears that U.S. stimulus efforts may soon be scaled back. Japan is finally looking up after years of stagnation — but it remains an open question if the recovery will stick.

That's the global economy

that will confront the heads of the Group of Eight leading economies as they gather Monday and Tuesday for their annual summit in Northern Ireland.

British Prime Minister David Cameron will serve as summit host for U.S. President Barack Obama and the leaders of Germany, Italy, Canada, France, Japan and Russia. At the top of the agenda: new co-operation to fight tax evasion and increase transparency among governments. Also on the table will be how much help to give to rebels in Syria, and a push for lower trade barriers between the United States and the European Union.

On the sidelines and over dinner, it's expected that the discussions will broaden to include the election results in Iran and data protection, following revelations about a U.S. counterterror surveillance program.

Since last year's G8 meeting at Camp David in the U.S., there has been a modest economic upswing throughout the developed world and prospects are brighter after five years of turbulence and recession. Yet despite progress, the economic outlook remains fraught with uncertainties.

THE ASSOCIATED PRESS

Northern Gateway

Panel to hear final arguments on pipeline

The proponent and opponents of the Northern Gateway pipeline will make their final pitches to a federal review panel starting Monday, at the last stage of public hearings before the panel issues its decision later this year.

The company is slated to be the first to present their final argument at the hearings, but opponents made their case at a public rally Sunday in Terrace, B.C., where council passed a resolution last year opposing the project. The controversial pipeline would link the Alberta oilsands to a tanker port in Kitimat, B.C. THE CANADIAN PRESS

BP oil spill. As cleanup patrols end, tar balls keep washing up on beaches

Finding tar balls linked to the BP oil spill isn't difficult on some Gulf Coast beaches, but the company and the government say it isn't common enough to keep sending out the crews that patrolled the sand for three years in Alabama, Florida and Mississippi.

Tourist John Henson of Atlanta disagrees, particularly after going for a walk in the surf off Gulf Shores, Ala. last week and coming back with dark, sticky stains on his feet.

Henson said there were plenty of tar balls to remove from the stretch of beach where he spent a few days.

Environmental advocates and casual visitors alike are questioning the Coast Guard

"I was out there vesterday and stepped all in it."

Tourist John Henson, who encountered tar balls last week in the surf off Gulf Shores, Ala.

decision to quit sending out BPfunded crews that have looked for oil deposits on northern Gulf Coast beaches on a regular basis since the 2010 spill.

The patrols ended this month as coastal monitoring reverted to the way it operated before the spill: The Coast Guard investigates beach pollution reported by the public, and conducts cleanup operations as needed. THE ASSOCIATED PRESS

VOICES

STADIUM NEEDS BETTER PLAN

If anyone thinks last week's traffic trouble at Investors Group Field is proof the stadium never should have been built there in the first place, I've got a question for you:

Where would you have put it?

Recall that the original plan was to rebuild a new stadium at the site of the old one. Given the time and troubles it took to construct IG Field on a green space, I can't even imagine how many wind delays" we would have seen at Polo Park. And to make that work, the Bombers likely would have had to play at University Stadium for two or three years, which would have bankrupted the team. So that clearly wasn't going to

Point Douglas and St. Boniface were also floated as possibilities, but accessibility at either location would have been even worse. And in the case of PD, a stadium would have destroyed the neighbourhood.

Åbout the only other viable suggestion was the Red River Ex



Colin Fast

winnipeg@metronews.ca

grounds, although the site is so remote that few people would have walked or biked to games, and any potential economic benefits for nearby businesses would have been limited.

In the end, the university makes sense for a number of reasons: There's another tenant who can use the facility; it's ideally located if Winnipeg were to host another major sporting event like a Pan Am Games; and it does have the road capacity to handle 30,000-plus fans getting to a game. Heck, it handled nearly that many runners, volunteers and supporters for Sunday's Manitoba Marathon, and that was with zero parking available on site.

The question remaining for the Bombers, the city and the University of Manitoba is how to use that capacity most effectively to prevent another traffic and com-

munity relations disaster like we saw the other night. Given some time, they'll eventually figure it out. Until then,

bring your walking shoes.

A few other thoughts related to the stadium opening...

- The biggest weakness exposed the other night wasn't actually the transportation plan or even the pass protection schemes; it was the Bombers' inability to manage expectations. The team said it didn't treat this game as a test event, but you never know what 30,000 football fans are going to do until you hold a real game. The team should have done a better job of warning fans there could be major problems. Plan for the worst and hope for the best.
- A detailed traffic impact assessment prepared for the city by Stantec Consulting in 2010 stated: "Transit must provide service for up to 10,000 patrons." So why did the city only have enough buses in service for 5,200 people?
- While most seats in the new stadium offer fantastic sight lines, a handful of fans were disappointed to be staring at guardrails for much of the game. The Bombers say they'll be contacting anyone who was affected by an obstructed view seat, and will ensure people are aware of any obstructions before they make their ticket purchase in the

ZOOM

It's all fur the exhibition



Taking a leap of four-legged faith

White Swiss shepherd dogs Kenai, left, and Yasu jump into the water during the dog diving competition at the International Pedigree Dog

and Purebred Cat Exhibition in Erfurt, central Germany,

Four thousand dogs and 150 cats from 20 countries were shown at the exhibition.



Anything's paw-sible

The event has been showcasing pets since its inception in 2000, and as of last year turned into a trade

Psst.... If you are looking for a way to prevent that pesky NSA from checking up on you, you can look into some of the many apps and add-ons that have been gaining in popularity because of their claims to protect your privacy. Here are just a few:

RedPhone:

Developed by Open Whisper Systems for Android, RedPhone's calls are encrypted between two users. They also have a text version: TextSecure

Silent Circle:

You can join the circle of people who are already using Silent Circle's many data blockers. This one is for use on Android iPhone, iPad and Windows and also lets you connect privately to people who aren't in the secret circle.



DoNotTrackMe:

The web add-on claims to put a lid on commercial web tracking from outside parties who come along and scoop your online trail, even if it is just playin MouseHunt and creeping Facebook.

Seecrypt:

For iOS and Android, Seecrypt is an app aimed at letting you call and text with others who use the service without have ing to worry about Big Brother looking over your shoulder, METRO

RE: Parliament Hill Tourist Guides Trained To Praise And Defend The Senate, published online June 16

The content of this article does not support the sensationalist headline. The NCC is not training an army of apologists or propagandists, they are training a group of young Canadians to provide information to visitors about Canadian governance (amongst many other topics).

What would have been sensational is if they had trained these

summer students to greet visitors with a stinging indictment of the Upper Chamber or, for that matter, any other aspect of our governmental systems.

It should not, therefore, be seen as an apology for the Senate and its current troubles, nor a manifesto on what the Senate should be, but rather as what it is: a training manual intended to allow summer students to greet visitors with basic information about how Canada's government

Kris T posted to metronews.ca

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10 SCENE metronews.ca Monday, June 17, 2013

Taking the time to reward entertainers for excellence in their fields is nice and everything, but everyone knows awards shows are really all about the red carpet. The MuchMusic Video Awards are no different:

METRO



MMVAs red carpet looks



Taylor Swift. Black and white and red hot

Despite being in the middle of a tour (she performed the night before to a bajillion teen girls at the Rogers Centre) Taylor looked lovely as always.

ALL PHOTOS THE CANADIAN PRESS



Studded brass knuckles, two watches, and what appears to be a cranky sumo wrestler pendant might appear to be too much, but Kardinal keeps it together with a simple polo shirt.

Ed Sheeran.Let's go Blue Jays let's go

The folk-pop favourite went for local with a vintage looking (all the way in '93 era?) sports tee. Looks like the ladies approved.



Marianas Trench.

Swimming choices

Every party needs someone to wear the proverbial lampshade. The MMVAs got four with these fetching mermaidman rockers.

5 Chavril. Matchymatchy

Everyone's favourite (not!) two-headed CanCon celeb, Chad Kroeger and Avril Lavigne donned complimentary black leather, with a spikey crown for the lady. It even appears that they got the same dye-job at the salon.

Online

Want all the behind-thescenes action? Visit metronews.ca for a full list of winners and more on last night's MMVAs show.



And the winners are ...

- Video of the year. Inner Ninja - Classified ft. David Myles, clirector: RT! Half Life Records/Universal Music Canada
- Dance video of the year. The Veldt – deadmau5 ft. Chris James, director: Manroop Takhar; Joel Zimmerman Ultra Music/ Universal
- Pop video of the year.
 Desperate Measures –
 Marianas Trench, director:
 Kyle Davison 604 Records/ Universal
- Hip hop video of the year.
 Started From The Bottom Drake, director: X/
 Universal
- Viral video of the year.
 Gangnam Style PSY,
 director: Lee Bo Young/ Universal
- Your Fave Artist/Group.
 As Long As You Love Me-Justin Bieber
- Your Fave Video. Stutter -Marianas Trench, director: Kyle Davison
- Your Fave International Artist/Group. 22 - Taylor Swift



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SCENE 11

College: as told by a misfit and a monster

Monsters University.

Billy Crystal sees parallels between his own NYU stint and his character's university experience



EHRBAR
Metro World News in Hollywood

Billy Crystal has played a lot of memorable characters — Harry in When Harry Met Sally, Mitch in City Slickers, Miracle Max in the Princess Bride — but after nearly 40 years in the business, he has a clear favourite from his repertoire: Mike Wazowski, the one-eyed green ball from Monsters, Inc.

So naturally the idea of reprising the role was one he welcomed. "Mike is fearless. He's really the favourite character I've ever played in anything I've done. I've really missed doing him," Crystal says.

But Crystal soon learned



that in reprising Mike, he wasn't going to be doing any ordinary sequel. The pitch came short and sweet from Pixar and Disney Animation chief John Lasseter.

"It was at John's 50th birthday party, and (he) said, 'We have the idea. It's a sequel, but it's a prequel. They're in college.' And he just walked away," Crystal remembers. "But he left an idea, and I went, 'Oh, this is gonna be great."

The film finds Monsters, Inc. buddies Mike and Sully (John Goodman) as just out of whatever the monster equivalent of high school is and not even acquaintances yet. In fact, a main conflict of the prequel is how much they initially don't like each other as they

navigate the world of college. While Sully is a hulking jock coasting on his natural abilities and family name, Mike is more of an outsider. That was something else Crystal found easy to relate to.

"I have to admit, I was a little bit of a misfit," he remembers.

"I was a film-directing major at NYU. I'm still not sure

why I became a directing major when I was really an actor and a comedian, so I felt like I was a misfit, in a way, because all those other people — it was Oliver Stone, Christopher Guest, Mike McKean — were film people. Our professor was Marty Scorsese. Mr. Scorsese, which is what I had to call him — which I still do, when I see him, because he gave me a C."

Much as some valuable introspection and adversity points Mike to a career path he hadn't considered, Crystal soon found something he was better suited for than directing.

"Once I found a theatre group, then that becomes your fraternity house," he says.

"That really becomes your thing. In this movie, they find out who they are. That's the most important element of this movie to me: Mike has a dream, and the dream may not work out, and then he has to readjust and recalibrate. So for me, that really happened

Crystal confessions

Things that go bump in the night

The world of Monsters University is fuelled by screams and fear, harvested from unsuspecting human children, and to do the job properly - as Billy Crystal's Mike learns in the animated prequel — you have to really know what's going to scare someone. Which begs the question, what scares Crystal himself? Turns out he's afraid of the dark. "I still don't love the darkness, though I've learned to smile in it a little bit now and then," he admits, letting his usual quippy demeanor falter a bit. "The unknown has always been a little scary when you think about those things, especially as you get older. Boy, that got heavy.'

NED EHRBAE



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Stamos still thinks about 'the one that got away'

John Stamos reveals that before he and Lori Loughlin played husband and wife on Full House, they actually dated briefly in real life — and the memory has stayed with him.

"We were friends, we were on the soaps together and we actually did date," Stamos says during a Huffington Post live chat. "We went on a date to Disneyland before, you know, before we were both married. In real life, when we were 18, 19 years old. We did have some off timing, but no disrespect to her family and her husband now, I would say that she could be the one that got away."

Twitter



@ChloeGMoretz

When your phone tries to show you the stocks. No. Just. No iPhone.



@solangeknowles

Tilt, tuck, and tighten. No sit ups ever again.



@SarahKSilverman

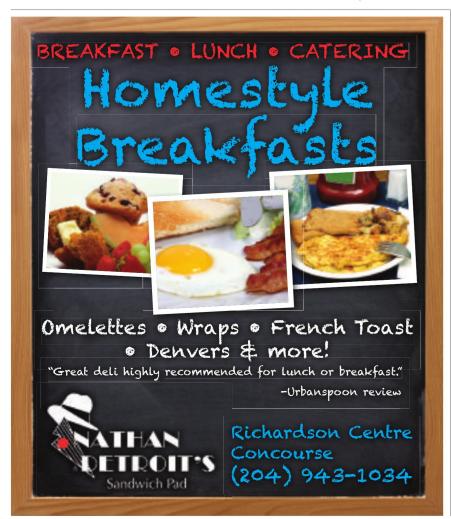
There's no short cut. Even Batman has to do crunch-

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



It's a girl for Kim and Kanye ... and she looks just like her mom



Kim Kardashian gave birth to a baby girl Saturday morning in Los Angeles, sources confirm to People magazine.

The baby, a first for Kardashian and boyfriend Kanye West, was believed to be due in July but arrived early, just days before the release date of West's new album, Yeezus.

Kardashian and West welcomed their daughter at Cedars-Sinai Hospital, and the new arrival already resembles her mom, a source tells E! News. "She looks just like Kim," the source says.

There has been no official word on a name for the little girl, but Kardashian reportedly told friends and family prior to the birth that her daughter's name "will start with a K."

Phillippe wants more for his kids

Ryan Phillippe says he and Reese Witherspoon aren't necessarily thrilled about the prospect of their children following them into the business, he tells E! News.

"I don't mean to dismiss or demean our industry, but I'd like to see them do something a little more meaningful and important. If I had the education and what they have offered to them as kids, I may have gone a different way."

Pop Goes the Week



Is Leo chasing an Oscarwith yet another biopic?



STARGAZING Malene Arpe scene@metronews.ca

Leonardo DiCaprio may be playing Rasputin in an upcoming biopic. And if that doesn't finally get him an Oscar, he'll keep the long beard, move to Russia and become Putin's very special

Taylor Swift went to visit Gwyneth Paltrow in London. And now she's never ever going to eat processed food again.

Jeremy Irons says he feels sorry for high-profile people accused of sexual abuse. Jeremy Irons's manager says he feels sorry for the sock he's had to stuff into his client's mouth.

Lindsay Lohan is reportedly spending her time at Betty Ford writing letters to friends and acquaintances. Dear Charlie Sheen; thank you for the last care package. I particularly enjoyed the "cookies," the "toiletries" and the "not at all two baggies of meth." Love Lindsay.

Katie Holmes had dinner with Gloria Steinem.

While that may seem odd, they had plenty of things to talk about as Gloria, of course, is concerned with women's freedom and autonomy and Katie recently discovered that those two things actually exist.

Russell Brand says he became a mailman because he figured he'd get a lot of sexy time along his route. It didn't work out that way and neither did his becoming a pizza delivery guy, a home repairman and a fire fighter who never wears a shirt.

It's looking more and more like Katy Perry and Robert Pattinson are dating. She really likes his looks and sense of humour and he likes that she's not his cheating, contractuallyobligated-to-fake-date co-star.

Jennifer Aniston has had a chicken coop built on her new estate. Not to be outdone, Gwyneth Paltrow immediately begins writing a book about that one time when she invented eggs. metronews.ca
Monday, June 17, 2013

FAMILY

1

Travel Tidbit

Vital checkpoints



IT'S ALL RELATIVE Kathy Buckworth, kathybuckworth.com

Realizing you forgot your passport at the hotel or your iPhone in a cab is extremely stressful, especially when travelling with kids. Here are checkpoints for any traveller.

Airplane seat pockets

Never put anything in the airplane seat pocket that you want to have with you when you leave the plane. Keep a bag under the seat in front of you with these items.

Hotel Rooms

Do a room check every time you leave, including bath-

room, closet, dresser drawers, even when you are sure you didn't put anything there little hands move things.

Taxi Cabs

Resist taking items out in the cab but upon leaving, take a good backward glance in case phones, wallets or other valuables have fallen out of your pocket or purse.

Airport SecurityWe're used to "stripping

down" for security, but double check that phones, wallet, belts, passports are with you. **Restaurants**

Do what's known as the "mom check." Check the table, the floor, and all the chairs for forgotten items (those little hands again!).

KATHY BUCKWORTH IS AN AWARD WINNING WRITER. VISIT KATHYBUCK-WORTH.COM OR FOLLOW KATHY ON TWITTER @KATHYBUCKWORTH.

Exclusively online

Follow along with the comedic (mis-)adventures of mommyhood with Reasons Mommy Drinks online at metronews.ca/voices



Kids are kicking it old school this season with bowling, bubbles and chalk among the hot items as the weather continues to warm up — at least according to the Canadian Toy Association, which held a summer event highlighting this very important topic

THE CANADIAN PRESS



Jeffrey Versluis, 12, plays with an oversized inflatable bowling set. THE CANADIAN PRESS/MICHELLE SIU

Oversized inflatable bowling set

Bring the bowling alley to your backyard this summer with this giant set of bowling pins and bowling ball.

5

toys of summer

Bubbles

The Canadian Toy Association chair Kerry George said bubbles continue to be big with the younger crowd, from colourful solutions with the traditional bullt-in wand to machines cranking out the globules at the push of a button.



Hayden Ruscio, 6, chases bubble, which make colourful patterns if they burst on paper.

THE CANADIAN PRESS/MICHELLE SIU



Lauren Burton, 7, draws with chalk using one of 56 chalk colours. THE CANADIAN PRESS/MICHELLE SIU

Chalk

For the more artistically inclined, sidewalk chalks in a multitude of hues — and even glittery varieties — will keep pavement Picassos occupied.

Airplanes and other contemporary toys

Boys still love planes, cars and trains. One notable difference among some contemporary toys is the use of eco-friendly materials, like the PVC-free Green Toys Tractor crafted from recycled milk jugs.



Sasha Denis, 11, launches an airplane. THE CANADIAN PRESS/MICHELLE SIU



Aliyah Reisch, 6, plays on an inflatable playground set. THE CANADIAN PRESS/MICHELLE SIU

Inflatable playground set

Who doesn't love the feeling of going down a slide? With inflatable playground sets, kids can enjoy the feeling in their own backyard.



metre work/EDUCATION metronews.ca Monday, June 17, 2013

Work from 'om': Breathe in a better biz

Free your mind, the rest will follow.

How moments of meditation can give workplace productivity a gentle boost

JANE BORDEN

Your business's productivity grows when employees increase focus, improve decision-making, unlock creativity and improve teamwork skills — all qualities enhanced by mindfulness meditation practices.

meditation practices.

In 1995, Mirabai Bush helped found the Center for Contemplative Mind in Society, to explore how mindfulness practices, long used in alternative healing, might affect other sectors of American life. The centre developed programs working with lawyers and judges, social justice activists, higher-education organizations and journalists.



But it is Bush's work with businesses — like Google, National Grid, Monsanto and General Mills — that's

really taking off. We asked her why.

Isn't it surprising that the

corporate world is so open to meditation?

Well, successful businesses are extremely pragmatic.

Keep calm and carry on

"There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again."

Mirabai Bush Founder of the Center for Contemplative Mind in Society

They'll do anything if it works. And the bottom line is measurable, unlike in other organizations. Also, in the last 10 years, there has been quite a lot of research on meditation's effects on the brain. All of this is interesting to people in business.

Which practices do companies find most effective?

It depends. We tailor workshops to an organization's needs. For instance, at Google, we realized that these very smart and competitive people had been in front of screens for most of their lives.

They're good at algorithms, but not necessarily at working together. So we set up practices that develop awareness of yourself and others and appreciation for others. It's since been taught at Google headquarters in New York, Zurich, Beijing and Dublin. More than 1,000 engineers have gone through the program.

What's next? If companies are taking 101 now, what's

the graduate-level course? I've started teaching compassion meditations, which I'd at first thought would require too much vulnerability.

You mentioned that companies cite bottom lines, but what, to you, is the real payoff?

There are deeper benefits. If you pay attention to your breath for 20 minutes, you watch everything in your mind arise and fall away over and over again. You begin to appreciate constant change.



GRAPHIC DESIGNER

We're looking for a talented Graphic Designer whose portfolio and experience reflects that of a strong print design background. The right candidate will jobn Metro's dynamic and award winning Creative Services town. The ideal candidate will have a successful track record of delivering a variety of quality creative and deadline driven projects in an extremely last paced environment. In addition a solid comprehension of print design and production, specifically for print advertising and online design skills using web based media are a definite asset.

PRIMARY RESPONSIBILITIES:

- Development of creative executions for in-paper retail advertising, and print production knowledge
- Build strong collaborative relationships with internal and external clientele
- Quality assurance of design and layout prior to sending to clients, high degree of accuracy

REQUIREMENTS OF THE POSITION:

- Skilled in print, online and mobile graphic design, comprehensive and complete software knowledge including, InDesign, QuarkXpress, Adobe Acrobat/Distiller, Photoshop, and Illustrator
- Proficient on both Mac and PC platforms
- Ability to prep files for print production, including file stuffing (sitx, sit, sea, sip) and FIP experience
- Professional, personable, approachable with great communication skills (both verbal and written)
- Ability to thrive under pressure in a fast paced, multi-faceted and deadline driven environment with strong attention to detail (typography, copy, grammar, layout, images, colour, etc)
- Must be a quick problem-solver, who initiates projects and takes a pro-active approach
- Must be highly skilled at multi-tasking, prioritizing workload efficiently, and tracking ad material.
- Post secondary degree or diploma in Graphic Design [Print]
- 3+ years design experience within a media environment

Interested individuals who possess the skills described above are requested to submit their resume and cover letter via email to http://metronews.ca.no.later than lune 25, 2003. PLEASE QUOTE: "Craphic Designer - Winnipeg" in the subject line. All submissions will be treated as confidential.



The main madam of media on social life

This girl's no Twit.

Twitter's Canadian director Kirstine Stewart chats about the company's move to Canada, how to tweet effectively, and how she hopes to encourage greater activity

Even before she officially joined the team at Twitter, the CBC's former executive vice-president of English services, Kirstine Stewart, was doing her part to boost the social network's profile in Canada.

The frequent Twitter user with nearly 17,000 tweets to her name proudly proclaims that she was the one responsible for convincing the always controversial and quotable Don Cherry to sign up for the social network last year.

On Thursday, she was trying to generate some more tweets in a more official capacity. Representatives from some of the biggest brands in



Canada packed a convention room in Toronto for the official launch of Twitter Canada, where Stewart was joined by a host of "VITS" (very important tweeters) including Dragons' Den judge Arlene Dickinson and Montreal Canadiens defenceman PK Subban.

Since becoming the company's Canadian director a month ago, Stewart has announced big partnership deals with Bell Media and Shaw Media.

What have you learned since

Is this platform passé?

According to a recent report by the Media Technology Monitor, based on surveys conducted in the fall with 4,001 anglophone Canadians, less than one in five Internet users said they were on Twitter in the past month, although those numbers had grown by 80 per cent in a year, up from just 10 per cent in 2011.

joining Twitter?

I didn't understand how quickly the technology can move to benefit the user. It's been fascinating, when you think about Twitter only being seven years old. ... But I almost don't feel like I'm behind because there's always something new to learn.

How will you get Internet users who currently think Twitter isn't really for them to join in?

I think people in Canada, we're pretty technology (friendly);

we're not fearful. I think the nice thing about all the different kinds of technology in Canada is we pick it up pretty quickly. There's obviously opportunities to develop more engagement on Twitter. In particular, creating great content will just drive people. It actually pulls them instead of driving them, they're actually pulled to great content. And I

think people will have a hard time avoiding Twitter.

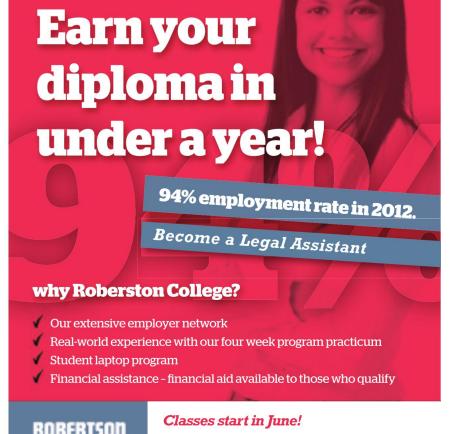
You've held high-profile positions that could be jeopardized by a poorly worded tweet. How often do you think twice about a tweet and delete it instead of hitting send?

I don't think I've ever deleted a tweet mid-tweet. ... I think you know what to engage in and to not engage in. And I think it is (good to have) that great blend of personal and professional, but whatever you're putting out there on Twitter you've got to know that it's not just available to every Canadian, it's broadcast worldwide.

THE CANADIAN PRESS







or call 204.800.7933

Check out www.robertsoncollege.com

Slide into barbecue season

Pineapple Salsa

- 1 can (375 ml/12 oz) pineapple tidbits
- 30 ml (2 tbsp) fresh lime juice
- 30 ml (2 tbsp) olive oil
- 1 garlic clove, crushed
- 1 ml (1/4 tsp) pepper flakes
- . 5 ml (1 tsp) sugar
- 1 jalapeno pepper, diced
- . 50 ml (1/4 cup) each diced
- red pepper and red onion • 15 ml (1 tbsp) each finely
- chopped cilantro and parsley
- 2 ml (1/2 tsp) salt
- 1 ml (1/4 tsp) pepper **Chicken Sliders**
- 500 g (1 lb) ground chicken • 45 ml (3 tbsp) finely crushed saltine crackers
- 15 ml (1 tbsp) pineapple juice • 45 ml (3 tbsp) thick teriyaki sauce
- 5 ml (1 tsp) dried parsley
- 30 ml (2 tbsp) grated onion
- 1 ml (1/4 tsp) salt
- 2 ml (1/2 tsp) pepper
- 125 ml (1/2 cup) thick teriyaki sauce (to use for glazing after sliders come off grill), plus more for basting
- 16 to 18 small slider buns



1. To make salsa: Drain pineapple tidbits, reserving 15 ml (1 tbsp) of liquid for sliders. Squeeze lime juice into glass bowl and add drained pineapple and olive oil. Stir in garlic, red pepper flakes and sugar. Stir veg and herbs into pineapple mix. Add salt and pepper.

2. In mixing bowl, place all ingredients except 125 ml (1/2 cup) teriyaki sauce and buns.

Refrigerate for at least 2 hours

Using hands, gently mix until all ingredients incorporated.

3. Form small meatballs and flatten in palm of your hand to make patties that are no larger than 7.5 cm (3 inches) in diameter. Place on parchment-lined baking sheet until ready to grill.

Grill chicken sliders, basting with teriyaki sauce on both sides. Cook sliders until a meat thermometer registers 74 C

5. Heat 125 ml (1/2 cup) teriyaki sauce and pour into a glass baking dish. When sliders come off the grill, place into warmed sauce to glaze.

6. Toast split buns, if desired, and place meat on buns. Top with pineapple salsa. Serve. THE CANADIAN PRESS/ MENNONITE GIRLS CAN COOK CELEBRATIONS BY LOVELLA SCHEL-LENBERG ET AL (HERALD PRESS, 2013).

Healthy eating

Choose it and lose it



While Freshii is typically known for its healthy choices, there are some menu items that boast an excess of calories, fat and sodium.



Equivalent

One Freshii Burrito with a whole wheat tortilla, brown rice, black beans, steak, jack and cheddar cheeses, avocado and ranch dressing is equivalent in fat to two 470 g McCain thin crust chicken and red pepper pizzas.



Freshii Burrito

1,036 calories /60 q fat /1,315 ma sodium

This burrito has close to a day's worth of calories, fat and sodium. The tortilla and rice exceed your calories and carbs in one meal. The other culprits are the beef, cheeses, avocados and ranch dressing.



Freshii Turkey Wrap

262 calories/11g of fat/1,077 mg sodium

The turkey is leaner than the beef and the salsa replaces the high calorie and fat ranch dressing.

Catch of the day in a taco



- 1. Heat the oven to 200 F.
- 2. In a food processor, combine the avocado, buttermilk, 1 clove of garlic, lime juice and salt and pepper. Puree until smooth, then set aside.
- 3. In bowl, combine cabbage, remaining garlic, carrot, radishes, vinegar, sugar, lime zest and hot sauce. Season with salt and pepper and toss well. Set aside.
- 4. Heat skillet (such as cast-iron or stainless steel, but not non-

stick) over medium heat. One at a time, place the tortillas in the skillet and toast for about 30 seconds per side. As the tortillas are toasted, stack them on a sheet of foil. Wrap foil around the tortillas, then place them in the oven to keep warm.

5. In a wide, shallow bowl, combine about 1 cup of flour with 1 tablespoon of salt and 1 teaspoon of pepper. One at a time, dredge each piece of fish through the flour until coated evenly. Shake off any excess.

6. In nonstick skillet over medium-high, heat 1 tablespoon of oil over medium-high. Add half of the fish to the pan and cook, turning once, until golden and cooked through, about 3 minutes a side. Transfer to an oven-safe plate and set in the oven to keep warm. Repeat with the remaining oil and fish.

7. To serve, top each tortilla with a bit of the avocado purée, then a piece of fish. Drain cabbage mix, then mound some of that over each portion. Serve

- 1 large Hass avocado, peeled, pitted and cut into eighths
- 1/3 cup buttermilk
- 2 cloves garlic, minced, divided
- . Juice of 1 lime
- Kosher salt and ground black pepper, to taste
- 3 cups shredded Napa cab-
- 1 1/2 cups coarsely grated
- carrot
- . 1 cup coarsely grated radishes
- 1/4 tsp sugar, or to taste . Zest of 1 lime . Hot sauce, to taste

. 1/4 cup white wine vinegar

- Eight 6-inch corn tortillas
- Whole-wheat flour, for coating the fish
- 1 lb tilapia fillets, cut into 8 equal pieces
- 3 tbsp vegetable oil
- Sliced fresh jalapeno pep-
- pers, to serve
- Chopped fresh cilantro, to serve

with jalapeno slices and cilantro on the side.

THE ASSOCIATED PRESS/ SARA MOULTON,

AUTHOR OF THREE BOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DIN-



WINNIPEG TECHNICAL COLLEGE



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uwinnipeg.ca 204.786.9872 metronews.ca Monday, June 17, 2013

Baseball

Fish finagle victory No. 1,000 on Father's Day

In fittingly dramatic fashion, the Winnipeg Goldeyes rallied in the bottom of the ninth inning for a 4-3 comeback win to capture the franchise's 1,000th win in their 20th season of play in front of 5,881 on a pleasant Father's Day at Shaw Park.

Following a Leonard Davis double, Fehlandt Lentini sent a fizzling one-out, RBI single up the gut to tie the game before stealing third and then beating the play at the plate on a Nick Liles single to cap the Goldeyes' two-run, game-turning ninth.

Winnipeg's win wraps a three-game interleague set against the Can-Am League's Quebec Capitales, and a six-game homestand in which the Fish went 4-2.

The series marked the first time in the history of the two leagues that the reigning American Association champions faced the reigning Can-Am League champions. It also marked the first interleague game and series win for the Winnipeg franchise after being swept in three games by Quebec last season.

Reliever Patrick Keating was credited with the win, tossing a scoreless ninth to improve to 3-0 on the year.

Winnipeg starter Matt Rusch, a former Capitale, went eight complete while giving up three runs on five hits including a Jonathan Malo solo shot in a two-run third inning for Quebec. Rusch added six strikeouts and a pair of walks

DARRIN BAUMING/FOR METRO

No fooling Evans at UFC's Winnipeg debut

MMA. Fight winner backs away from Henderson's haymakers as climb back to title contention continues

Rashad Evans got his hunt for a light-heavyweight title shot back on track Saturday with a split-decision victory over veteran Dan Henderson at UFC 161.

It was a matter of youth trumping experience, with Evans nine years younger than the 42-year-old Henderson.

They approached each other cautiously in the first, but it was Henderson who connected with the first solid punches late in the round, attacking so eagerly he could hardly keep his feet.

"I said, What hit me," said Evans, who approached Henderson with a lot more caution after that. "Only fools rush in with Dan Henderson."

The second round opened with Evans taking Henderson down, but the veteran quickly got to his feet. Henderson was noticeably tired in the third.

"I just left it up to the judges again and I've got nobody to blame but myself for that.

New era underway

"It's a whole new ball game. I can't wait to fight again."

Women's fighter Alexis Davis of Port Colborne, Ont., on her UFC debut and win over Rosi Sexton of Manchester, England, in a unanimous decision in the first women's UFC fight in Canada.



He kept the pressure on pretty well in that third round," Henderson said. "I kind of wanted to take a little bit of a breather and go back after him and he kept the pressure on pretty

Henderson was coming off a loss to Lyoto Machida, while Evans suffered defeats to Rogerio Nogueira and current light-heavyweight champion Jon "Bones" Jones.

well and didn't let me do that.

"He takes a hell of a punch and he gives a hell of a punch," Evans said of Henderson. "Coming off of two losses it takes a bit of a hit on your confidence.

"This wasn't my best per-

Supportive in the 'Peg

The MTS Centre was packed with a sellout crowd of around 15,000 fans who paid anywhere from \$50 to \$500 to watch the first UFC event to visit Winnipeg. UFC president Dana White said the gate for the event was

\$3.15 million.

 They were loud from the get-go and the seats were filled for the early preliminary bouts, which started a little late.

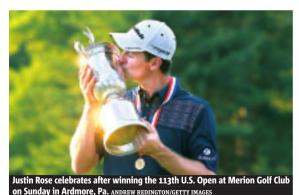
formance by far but it's something to start from."

Their fight was preceded by the co-main event, a heavyweight bout between fan favourite Roy "Big Country" Nelson and Steve Miocic that the latter took in a unanimous decision to boost his UFC record to 4-1 and his overall MMA record to 10-1.

The Evans-Henderson matchup only became the main event after injuries scrubbed two other fights.

THE CANADIAN PRES

Rose leaves Lefty a U.S. Open bachelor



A steady hand gave Justin Rose the shiny U.S. Open Trophy. A wild ride gave Phil Mickelson yet another silver medal.

Rose captured his first major championship on Sunday with remarkable calm and three pure shots on the punishing closing holes at Merion. A par on the 18th hole gave him an even-par 70, and that was good enough to become the first Englishman in 43 years to win America's national championship.

Rose hit 5-iron to the first cut of rough, pin-high on the 17th

Empty feeling for Phil



Phil Mickelson now has a record six second-place finishes at the U.S. Open.

for an easy par. He smashed the most important tee shot of his career down the middle on the final hole. And his approach rolled near the pin and settled against the collar of the green.

"When I came over the hill and saw my ball lying in the fairway, I thought, 'This is my moment.' It was me hitting from the middle of the fairway," Rose said.

way," Rose said.
Rose was in the scoring area a half-mile from the grand-stands behind the 18th green where the fans began to chant, "Let's go Phil!" as Mickelson paced off a last-ditch effort to force a playoff. It was a long shot — the 18th hole didn't yield a single birdie all weekend. From about 40 yards away, Mickelson's chip for birdie raced by the cup, securing Rose's victory.
THE ASSOCIATED PRESS

metr⊕

Balanced battle of the B's all even for Game 3

Stanley Cup final.

Neck-and-neck faceoff has the makings of a marathon series

Jaromir Jagr heard the clank of the puck off the post and did all he could to contain his emotions. Patrick Sharp had to move on, too, after he came oh-so-close to ending Game 2 of the Stanley Cup

Both players had no choice, even as they lamented the "game of inches" they deal with every day. In this series it's particularly difficult because the Boston Bruins and Chicago Blackhawks appear so evenly matched.

The difference between the Blackhawks being up 2-0 and the teams being tied going into Game 3 Monday night in Boston? "We score



tre Jonathan Toews shoots the puck wide against Tuukka Rask in Game 2 of the Stanley Cup final on Saturday. Charles REX ARBOGAST/THE ASSOCIATED PRE

an extra goal," Bruins captain Zdeno Chara said.

It is that tight after 186 minutes of hockey, as the Blackhawks and Bruins come to grips with the closeness of the cup final and the razorthin margin for error.

"No one said it was going to be easy," Chicago captain Jonathan Toews said. "No one said everything was going to go our way. Some moments, you feel pretty darn good, like when we won Game 1 in triple overtime, and (Saturday night) it doesn't feel good. You've got to find a way to get over it to move to the next time you're going to be on the ice, and not let it affect you."

It's the first time in nine

years that the cup final is tied at a game apiece. The last occurrence came when the Tampa Bay Lightning faced the Calgary Flames in 2004, winning in seven.

Before last season, the last time the first two games went to overtime was 1951. It has created plenty of drama and frustration, especially for Jagr, who came close to winning each game.

'I got no problem with it. It's a hockey game," Jagr said. "It's not (a) problem for me. Of course you have to forget about it and try to score next

The Blackhawks know all too well about a series hanging in the balance in overtime. They needed it to beat the Detroit Red Wings in Game 7 of the Western Conference semifinals and then again to put away the Los Angeles Kings a round later.

THE CANADIAN PRESS

Turban ban overturned

Solidarity returns to Quebec soccer

The Beautiful Game shed an ugly debate on Saturday as the Quebec Soccer Federation ended its internationally criticized turban ban and the Canadian Soccer Association welcomed it back into the

The news was greeted with cheers by a mostly Sikh crowd at a solidarity soccer game organized in a Montreal suburb, where people of all ages and skills charged onto the pitch wearing turbans.

"I'm excited and I'm proud as a Quebecer that the decision has come to allow the kids to get back on the field," said Amar Magon, one of the organizers of the game.

The Quebec Soccer Federation announced the end of its ban Saturday morning, saying it was relieved to receive clear instructions from FIFA on what has become a contentious issue.

"It has been our intention from the onset to get a confirmation that FIFA allowed wearing of turbans, patkas or keskis," said Brigitte Frot, the



Quebec federation's execu-

"We are very happy that FIFA has responded to our request and by the same token dispelled the ambiguities created by a lack of clarifica-

FIFA announced on Friday that it was authorizing the wearing of male head covers at all levels of Canadian soccer. A statement said the headwear must be the same colour as the jersey, look professional and not pose any danger to players. The ban prompted the Canadian Soccer Association to suspend the Quebec Soccer Federation on June 10. The CANADIAN PRESS

MLB

Jays overwhelm Rangers for sweep

Chien-Ming Wang won for the first time in more than a year, Colby Rasmus homered for a third straight game and the Toronto Blue Jays completed a four-game sweep by beating the Texas Rangers 7-2 on Sunday for their fifth straight victory.

The Rangers lost their sixth in a row.

THE ASSOCIATED PRESS

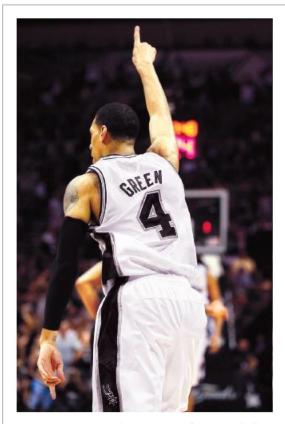
Iced-out accessory

Putin denies theft of Super Bowl ring

Russian President Vladimir Putin is denying insinuations that he stole New England Patriots owner Robert Kraft's Super Bowl ring that's now on display in the Kremlin, but says he's ready to buy him another ring as

"I took out the ring and showed it to (Putin). And he put it on and he goes, 'I can kill someone with this ring," Kraft said, as quoted by the New York Post. "I put my hand out and he put it in his pocket, and three KGB guys got around him and walked out."

THE ASSOCIATED PRESS



Spurs one win away from title

Spurs quard Danny Green returns to the defensive end after hitting a three-pointer during Game 5 of the NBA Finals against the Miami Heat on Sunday night in San Antonio. Green made six three-pointers and scored 24 points as the Spurs took a 3-2 series lead with the finals heading back to Miami for Games 6 and 7. KEVIN C. COX/GETTY IMAGES

NHL

STANLEY CUP FINAL

(BEST-OF-7: All Times Eastern)

CHICAGO (1) VS. BOSTON (4)

(Series tied 1-1) Saturday's result Boston 2 Chicago 1 (OT) Monday's game Chicago at Boston, 8 p.m. Wednesday's game Chicago at Boston, 8 p.m. Saturday's game

Boston at Chicago, 8 p.m. Monday's game x-Chicago at Boston, 8 p.m.

Wednesday's game x-Boston at Chicago, 8 p.m. x — played only if necessary

NBA

FINALS

(BEST-0F-7; All Times Eastern) MIAMI (1) VS SAN ANTONIO (2) (San Antonio leads 2-1)

Sunday's result Miami at San Antonio Thursday's result Miami 109 San Antonio 93 Tuesday's game San Antonio at Miami, 6 p.m.

Thursday's game x-San Antonio at Miami, 9 p.m. x-Played only if necessary

GOLF

PGA U.S. OPEN CHAMPIONSHIP

At Ardmore, Pa. Final round — Par 70

Justin Rose Jason Day Phil Mickelson 71-69-71-70—281 70-74-68-71—283 67-72-70-74—283 Jason Dufner 74-71-73-67-285 Billy Horschel Ernie Els Hunter Mahan 72-67-72-74—285 71-72-73-69—285 72-69-69-75-285 Luke Donald 68-72-71-75-286 Steve Stricker 71-69-70-76-286 Also: David Hearn

78-69-73-71-291 72-76-75-69-292

MLB

AMERICAN LEAGUE

EAST DIVISION				
	w	L	Pct	GB
Boston	42	29	.592	_
Baltimore	40	30	.571	11/2
New York	38	31	.551	3
Tampa Bay	36	33	.522	5
Toronto	32	36	.471	81/2
CENTRAL DIVISION	ı			
	W	L	Pct	GB
Detroit	38	29	.567	_
Cleveland	34	34	.500	41/2
Kansas City	33	34	.493	5
Minnesota	30	36	.455	71/2
Chicago	28	38	.424	91/2
WEST DIVISION				
	W	L	Pct	GB
Oakland	42	29	.592	
Texas	38	31	.551	3
Seattle	31	39	.443	101/2
Los Angeles	30	39	.435	11
Houston	26	44	.371	151/2

Sunday's results Cleveland 2 Washington 0 Baltimore 6 Boston 3 Kansas City 5 Tampa Bay 3 Houston 5 Chicago White Sox 4

Detroit 5 Minnesota 2 Toronto 7 Texas 2 N.Y. Yankees 6 L.A. Angels 5 Oakland 10 Seattle 2 Saturday's results
Toronto 6 Texas 1
Boston 5 Baltimore 4 Tampa Bay 5 Kansas City 3 Washington 7 Cleveland 6 Houston 4 Chicago White Sox 3 L.A. Angels 6 N.Y. Yankees 2 Minnesota 6 Detroit 3

Seattle 4 Oakland 0 Seattle 4 Oakland 0
Monday's games — All times Eastern
Kansas City (Shields 2-6) at Cleveland
(Carrasco 0-2), 7:05 p.m.
Colorado (De La Rosa 7-4) at Toronto
(Johnson 0-2), 7:07 p.m.

Baltimore (Arrieta 1-1) at Detroit (Scherzer 9-0), 7:08 p.m. Oakland (Straily 4-2) at Texas (Tepesch 3-6),

8:05 p.m.

Chicago White Sox (Quintana 3-2) at Houston (Norris 5-6), 8:10 p.m. Seattle (Harang 3-6) at L.A. Angels (Vargas 5-4), 10:05 p.m

NATIONAL LEAGUE

EAST DIVISION .588 .500 .471 Atlanta Washington 28 34 37 39 47 Philadelphia .391 New York **CENTRAL DIVISION** W L 44 25 42 28 41 28 28 39 28 40 Pct GB .638 — .600 2½. .594 3 .418 15 .412 15½ St. Louis Pittsburgh Chicago Milwaukee WEST DIVISION Pct GB Arizona .536 .529 .522 Colorado San Francisco San Diego Los Angeles .507

Sunday's results

N.Y. Mets 4 Chicago Cubs 3 Miami 7 St. Louis 2 Cincinnati 5 Milwaukee 1 Pittsburgh 6 L.A. Dodgers 3 Colorado 5 Philadelphia 2 San Diego 4 Arizona 1 San Francisco at Atlanta

Saturday's results Chicago Cubs 5 N.Y. Mets 2 Atlanta 6 San Francisco 5

L.A. Dodgers 5 Pittsburgh 3 (11 inn.) Colorado 10 Philadelphia 5 St. Louis 13 Miami 7 Milwaukee 6 Cincinnati 0

San Diego 6 Arizona 4
Monday's games — All times Eastern

Chicago Cubs (Wood 5-5) at St. Louis (Miller 7-4), 7:05 p.m.

Washington (Haren 4-8) at Philadelphia

(Lannan 0-1), 7:05 p.m.
Pittsburgh (Liriano 5-2) at Cincinnati (Leake 6-3), 7:10 p.m.

N.Y. Mets (Gee 5-6) at Atlanta (Hudson 4-6), 7:10 p.m.

Miami (Turner 1-0) at Arizona (Corbin

9-0), 9:40 p.m. San Diego (Volquez 5-5) at San Francisco (Zito 4-5), 10:15 p.m

See today's answers at metronews.ca/answers.

Horoscopes

↑ Aries

March 21 - April 20 Despite what you might

believe, nothing is holding you back. It may seem as if barriers are blocking your path but the closer you get to them, the further away they will retreat.

Taurus April 21 - May 21

You may have a lot of ground to make up on rivals and competitors but there is no need to rush things. Spend the first few days of the week just watching and waiting. Your time will come — soon.

∐ Gemini May 22 - June 21

You will gain a lot more respect today if you are direct with people. Forget about being polite, just say what needs to be said. You don't have time to worry about people's precious feelings.

Gancer

June 22 - July 23

Don't choose the easy option just because you cannot be bothered to make much of an effort. If you let things slide now you will only have to work twice as hard later to make up for lost time. Be sensible.

Ω Leo July 24 - Aug. 23

You must not let your standards slip today. If you do, others will use that as an excuse to give less than they should. Always be a good example and do your very best.

W Virgo Aug. 24 - Sept. 23

If you slow down to think about what you are doing today you run the risk of stopping altogether. Keep your momentum going and keep moving towards your goal.

△ Libra Sept. 24 - Oct. 23

You may be tempted to highlight something you know a friend would be embarrassed by. It might be worth a laugh but what would it do to your relationship? Keep it to yourself.

M Scorpio

Oct. 24 - Nov. 22

Steer clear of financial matters that have nothing to do with you. If you allow yourself to be drawn into a situation you know little about at best you will gain nothing — and you may lose a lot.

才 Sagittarius Nov. 23 - Dec. 21

Any disagreements you may be having will be short-lived, so don't place too much importance on them. This may even be one of those occasions when drama brings you closer to the ones you love.

17 Capricorn

Dec. 22 - Jan. 20

The planets are urging you to aim high, even if your resources are low. The bigger your plans, the harder you will work and the more likely it is you will attract the opportunities you need to grow.

≫ Aquarius Jan. 21 - Feb. 19

It's OK envy others' achievements as it encourages you to do better. Over the next few days, you'll be inspired to copy someone you look up to. Soon others will be copying you.

) (Pisces

Feb. 20 - March 20

A windfall of some kind helps you believe Lady Luck is on your side, which in turn makes it easier to take calculated risks that improve your chances of SUCCESS. SALLY BROMPTON

Crossword: Canada Across and Down

Across

- 1. Archibald __ (Cary Grant's birth name) 6. Martin Scorsese's OCC.
- 9. Actress Ms. Irving's 13. New Delhi's country
- 14. Skipper's need 15. Church area
- 16. The Lord's trophy: 2 wds.
- 18. Ms. Cannon (Fourth wife of
- #1-Across)
- 19. Bride-20. CN Tower's 360
- 22. Cons opposites 24. Wrath
- 25. 1936: For whom King Edward abdicated the throne,
- Simpson 28. Ontario city on the
- St. Lawrence River 33. Brit singer, Lily
- 34. Changes residence
- 35. Baseball's Astros, on scoreboards
- 36. Linen-making fibre
- 37. Sulked
- 38. Nerd
- 39. Mr. Hanks 40. Downy duck
- 41. Canadian actress
- Ms. Eastwood 42. Surprised suddenly
- 44. Chef Gordon __ of FOX's "Hell's Kitchen" 45. Blue stuff on paper
- 46. Rave about 47. Ontario town in
- The Tragically Hip song that starts "I

Friday's Crossword



left your house this morning... 52. Hasbro toy brand

- 56. Beehive State 57. _ rafting 59. Get up
- 60. Chocolate bar 61. Acclaimed chor-
- eographer, Alvin 62. Disapproving

utterances 63. "__-haw!" 64. Tomato plant

support

Down

- 1. Itemize 2. Prefix to 'mology' (Study of insects)
- 4. Canadian movie theatres company 5. "2001: A Space Odyssey" (1968) computer

do ya: 2 wds.

3. Small amount that'll

- 6. Physicians, e.g. 7. '50s song: "__ Spell on You"
- 8. Fixed 9. Brother of Prince Charles
- 10. Poet Ms. Angelou 11. Mr. Cournoyer, Hockey Hall of Famer
- 12. Dispatched 14. Deli breads 17. Greek Myth: God of love

- BY KELLY ANN BUCHANAN 21. Vases
- 23. __ Tin Tin 25. Drifts through
- the air 26. Dispense
- 27. Cud-chewing
- creature 28. Got by
- 29. Finished
- 30. Nautical greetings! 31. 1869 R.D. Black-
- more novel, Doone 32. Great Big Sea song that goes "...boat is
- painted green / Ha, me boys!'
- 34. Style
- 37. Earth's galaxy: 2
- wds. 38. Canadian singer/ songwriter Ms. Doyle
- 40. Cirneco dell' (Dog breed)
- 41. Affirmatives, in
- Austria 43. Wealth
- 44. Old Scandinavian
- symbol 46. Attend: 2 wds.
- 47. Mr. Reynolds
- 48. Mr. Redding
- 49. Relish
- 50. Clarified butter
- 51. Dublin's land
- 53. Fun French song
- Alouette..."
- 54. Stink
- 55. Canadian literary
- critic, Northrop 58. Used to be

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

7	4	9	5	2	6	8	3	1
6	2	8	1	3	9	5	7	4
5	1	3	7	4	8	2	6	9
4	8	2	3	5	7	1	9	6
3	6	1	8	9	2	7	4	5
9	7	5	6	1	4	3	2	8
1	5	7	9	6	3	4	8	2
2	3	6	4	8	5	9	1	7
8	g	4	2	7	1	6	5	3

1		3		6		9	2		
	7	2							
			8		- 8			6	
2		4	5						
3			7		1			8	
				9	2		1		
5					4				
						8	7		
	3	9		1		6		5	

TODAY

MIN: 12°

THESDAY

MAX: 24° MIN: 11°

:00:





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